

The Old Yang Style

Taijiquan



Erle Montaigue
Moontagu Books Australia

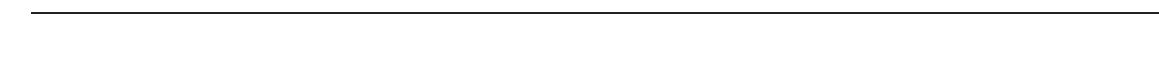
The Old Yang Style of Taijiquan

An Instruction Manual

By Erle Montaigue

PART FOUR

Moontagu Books Australia



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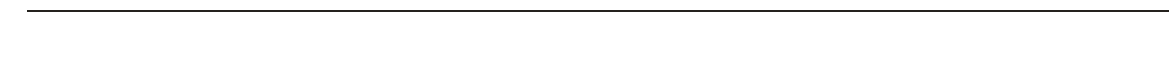
ISBN: 0-949132-07-8

Contents

5 Chapter

Chapter Five.....86

From 3rd Third to Finish86



Chapter Five:

Part Four: Old Yang Style Form, 3rd Third



273

In this chapter I will finish the third 3rd. Obviously there will be times when I do not have to show photos of certain repeated movements if they have already been done in some of the previous chapters. This holds true for the beginning movements of the third 3rd as they are exactly the same as at the beginning of the 2nd third.

We begin where we left off in the second 3rd at [Photo No. 273](#). All the next movements are the same as in the beginning of the second 3rd. So I will include those photos from the second 3rd. The photos with reference back to other parts of the book will be in black whereas new photos will be in [blue](#).

Brush Knee & Twist Step:

Turn your waist to your right to the NE corner and hold a ball right hand under as you inhale. Photo No. 91. Your eyes are still looking to the N. We now perform Brush Knee Twist Step exactly the same way that you have done in the first third. The only difference is that you will perform it in to the NW corner. So brush your left knee with your left palm and attack with your right palm into the NE corner. Photo No. 92. Exhale.

Spread the Weave:

With your weight still on your left leg, turn your left toes (swivelling on your left heel), 90 degrees to point to the NE so that you are now pigeon-toed. Your left palm rises up to point into the NW corner as does your right palm but near your left elbow. Inhale. Note that your body has turned to the NE corner, however, your arms are to the NW corner and your eyes are looking out of the corner to the NW corner. Photo No. 93.

Embrace Tiger, Return to Mountain:

From here, perform as if you were going to do another Brush Knee & twist Step back into the SE corner by brushing your right knee with your right palm and raising your left palm ready. You are still either inhaling, or your breath is in a holding position ready to exhale. Photo No. 94. As soon as your right palm brushes past your right knee, turn it over to palm up position, placing your right foot down into the SE corner also turn your left palm to palm down position and perform two poking movements with both palms. Photo No. 95. Exhale. Note that at an advanced level, you would actually make three poking movements and also three waist turns, first with the left palm, then the right palm then again with the left palm. This is soft fa-jing.

In all corner postures (and you may not be able to see this because of the angles that we had to take the photos in order to get both palms in), there should always be a cardinal line (N/S or E/W) between the front heel and the rear toes. This is nothing different as it is still a normal bow stance. People just seem to have difficulty when they do a bow stance into corners! In the normal bow stances (when you do them to the cardinal points), there is still this straight line between front heel and rear toe, however, it is now a line on the corner points such as NE to SW etc.

Grasping Swallow's Tail:

Now, we perform exactly the same as in the first third, the above group of postures called “Grasping Swallow’s Tail” only we have a different way of getting into them.

Lu: (Roll back)

From the last posture, raise your right palm and slightly lower your left palm, with the right out in front of the left. Photo No. 96. Inhale. Rotate both palms so that the right will be palm down and left palm up and turn your body to the right so that your palms are now over your right knee. The inhalation will continue. Photo No. 97. Drop both palms down as you turn your waist to your left and pull both palms to your left side. Left palm is over the left knee. Right elbow over right knee. Your eyes still look to the SE. Photo No. 98.

Chee: (Squeeze)

As before in the first third, place your left palm (yin) onto the radius of your right wrist (yang). And Squeeze forward as you exhale. Notice that still both palms are opposite in state and will for the most part keep changing that state for the whole form. Photo No. 99.

Lower Chee: (Squeeze)

As before, turn both palms so that your right fingers are pointing up and your left fingers are pointing to your right. Slide your left palm across your right wrist and as you sit back, pull your left palm to your left ear. Now, bring your right palm around so that both palms can again join at the wrist. Inhale. Photo No. 100. Release the Yang energy stored in your left palm and the Yin Qi stored in your right palm as you exhale and turn your waist back to the SE attack using Lower Chee. Photo No. 101.

Press: (Arn)

As before, brush your left palm across the back of your right as you sit back and open both palms to your sides. Inhale. Scoop them both in and poke with both palms as you exhale. Photo No. 102.

Begin moving forward as you inhale and lift both elbows as before in attack. Rotate both palms in a clawing down type of movement to perform, 'Arn' as you exhale. Photo No. 103.

Sit Back Ready:

As before, sit back onto your left leg and drop your left palm to the inside of your right elbow as you inhale. Both palms are Yin shaped, however, the right one has the mind intent so it is yang relative to the left. The left is set-up blocking as the right is finger jabbing to the eyes. Photo No. 104. You are still facing the SE.

Fishes in Eight:

Exactly as before only to a different direction. With weight on the left leg, swing your arms out to the N. as you turn your waist to cause this to happen. Begin exhaling. Your right foot is swivelled around by 90 degrees so that you are again pigeon-toed. Photo No. 105.

Keeping your feet as they are, change your weight onto your right foot as you again bring both palms into your chest maintaining that same distance of wrist to elbow and push both palms out to the E. in an attack. Exhale fully. Photo No. 106. Doing this movement at an advanced stage, you should change the weight on the one foot (left) from heel to toe and back again, in keeping with the classics of Taijiquan where we must always have a weight change with every movement regardless of whether it is a movement on one leg or from one leg to another!



274



275



276

Single Whip:

This is the first new movement in this chapter. From the last posture, perform Single Whip into the NW corner. This is the only time that you will perform this posture in any other direction other than to the West. To get into it is exactly the same way that you have done this posture every other time from “Fishes in Eight” posture. [Photo No. 274.](#)

Slant Flying: (Right)

From Single Whip, make a weighted turn on your left heel so that your left toes are pointing to the NE and bring your left palm down under your right. Notice the left if yin and the right yang. Your eyes are looking to the SE. Inhale. [Photo No. 275.](#) Take a step into the SE corner with your right foot and move your weight onto it as you begin to exhale. You will strike to that corner with your right shoulder just before 70% of your weight is moved onto that foot. Be sure that you have a N/S line between your front heel and rear toes. [Photo No. 276.](#)

Now, as you move to the normal bow stance weighted on your front foot by 70%, exhale and turn your waist to that corner cutting upward with your right palm as your left moves down

to near your left hip. Your left toes have dragged around so that they point to the E. [Photo No. 277.](#)



277



278



279



280

Slant Flying: (Left)



281

A weighted turn on your right heel, turn your toes to the South and bring your left palm under your right. Inhale. Try to turn your waist as well as far to the South as possible. [Photo No. 278.](#) Inhale. Lift your left foot to step it one step forward and straight into the NE corner. [Photo No. 279.](#)

NOTE: Do not (as so many do) take your left foot in to the right foot before stepping, take it straight into the corner. Move your weight onto the left foot and strike using your shoulder to the NE corner just before your weight is 70%. [Photo No. 280.](#) Exhale as you place 70% of your weight onto your left foot turning your waist into the corner and cutting upward with your left palm as your right toes drag around to point to the E. **NOTE:** Your left wrist (or right if on the other side), should be in your centre. [Photo No. 281.](#)



282



283



284



285



286

Slant Flying: (Right)

Again, turn your right toes to the North as you inhale and bring your right palm under your left. [Photo No. 282](#). Step into the SE corner with your right foot. And as you roll onto that foot, attack with your shoulder, then as before, turn your waist into the SE corner dragging your left toes around by 90 degrees and exhaling. [Photo No. 283](#).

Grasping Swallow's Tail:

This set of movements is the same as before but the getting into posture is different.

Sit back onto your left leg and allow your right palm to be over the left, both pacing downward. The right is yang while the left is yin. Inhale. The right palm has turned to the right on its wrist like a snake's head turning. [Photo No. 284](#). Turn your right toes so that they turn into the NE corner and also turn your right palm so that it turns on its wrist to the left, like a snake's head turning to the side. Sit back onto the right leg as you also turn to the NE. Your left palm is yang. [Photo No. 285](#).

Step to the N. with your left foot and perform 'P'eng' as you exhale. [Photo No. 286](#). Lift your right heel as your right palm comes under your left and you turn to the right slightly ready



287

for 'Double P'eng' exactly the same as in the beginning. [Photo No. 287.](#)

The next few movements are exactly the same as in the first third so I will repeat that information here.

Double P'eng:

Raise your right heel as you do this and turn your waist to your right by 45 degrees. Your eyes will look to the East although your head is only to the NE. Change the state of each palm again so that the right is now Yang while the left is Yin and pick up your right foot replacing it on its heel where it was as you turn more to your right. Photo No. 10. This is still an inhalation. Exhale as you roll your weight onto your right foot by 70% and bring your right palm up to in front of your left palm as if holding a small ball. The last thing is that you should allow your left toes to be dragged around by 45% to point to the NE. Keep the foot flat on the ground when this happens swivelling on the heel. Photo No. 11. Exhale. This is a very deadly neck strike with a shoulder set-up dim-mak strike to SP 19 (Spleen Point No 19), with the main thrust into the Dim-Mak point called ST 9 (stomach point No. 9). This causes instant knock-out from the action of the Carotid sinus upon the heart via the inhibitory centre in the brain which slows the heart or stops it when extreme high blood pressure is present! This strike emulates extreme high blood pressure and is very dangerous!

Lu:

Roll both palms over so that your left is palm up and the right is palm down. This is a very deadly strike to the side of the neck. Turn your waist so that the palms are over your right knee. The palms also begin to drop down. Begin to inhale. Photo No. 12. Continue the turning of your waist to your left this time which causes your dropping palms to look as if they have pulled over to your left. This is an illusion as all you have really done with your palms is to drop them vertically! The body does the work! Your left palm is over your left knee while your right elbow is over your right knee. You have moved your

weight onto your left leg by 70%. Photo No. 13. Your eyes are still looking to the front but your head is to the NE.

Chee: (Upper and Lower Variations)



288



289



290



291

This time we perform this posture differently to the way that it is done in the first third. Exhale as you step up with your left foot to next to your right foot and place the tips of the fingers of the left palm onto the inner wrist of the right. [Photo No. 288](#). Turn your left toes out by 45 degrees to the left and part your palms so that your left comes back to near your left ear. Place your weight over onto the left foot. [Photo No. 289](#). Step forward to the East with your left foot as you inhale and bring your right palm around to meet the left at the wrist. [Photo No. 290](#). Step forward with your right foot and exhale as you place your weight onto your right leg and attack low using Chee as before. [Photo No. 291](#).

The next movements are exactly the same as in the first third so I will include the information from the relevant chapter.

Double Spear Hands:

Swipe your right palm with your left as you begin to sit back and turn your waist to your left slightly opening both palms out to your sides as you inhale. Your eyes are still looking to the E. Photo No. 20. Hook both palms inwards towards your body rotating them so that they are now palms upward ready to strike. Photo No. 21. As you full sit back onto your left leg, poke both palms outward as you exhale. This is a dangerous dim-mak strike to LIV 13 (liver points No. 13). Photo No. 22.

You must note that at a more advanced stage, no two palms will attack at the same time. It may LOOK that way, but always one will strike slightly before the other. We only do it this way for beginners as this form is complicated enough without burdening beginners with the Yin and Yang of the palms as well!

Arn: (Means to Press. This has also been mistranslated as to Push!)

As you bring your weight back onto your right leg, you will inhale as you lift both elbows upward in a two elbow strike to the points called GB 24 just below the nipples. This happens when your weight is 50/50 but still moving. Photo No. 23. As your weight comes fully (70%) onto your right leg, you roll your palms over so that they can gouge downward into his eyes. Exhale. Photo No. 24.

Sit Back Ready:

Sit back onto your left leg as you drop your right palm so that the fingers just touch the inside of your right elbow. Inhale. This is a finger jab to an attacker's eyes and a striking block using your left palm to the inside of his attacking forearm. Photo No. 25.

Fishes in Eight:

Called this because of the action of the palms like an infinity symbol. Make both palms Yang shaped. This is not incorrect as when you have two either Yang or Yin shaped palms one is always more yang than the other thus still having one yin and one yang palm. Turn both palms over so that they lay on their sides and turn your waist to the N. thus causing both palms to be pulled around. Note: The whole of this posture is an exhalation. Photo No. 26.

Keep turning until your waist has come into the NW corner and your right toes have turned to the N. So that you are now standing pigeon toed. Your right palm will continue to move over but flicks over so that they fingers of that palm are now pointing to the inside of the left elbow. Photo No. 27. Your eyes follow the movement. Weight is on the left leg 70%.

Continuing the exhalation, you will now change your weight back to your right foot without turning it! AS you do this and when you are 50/50, bring both palms in over each pectoral. Photo No. 28. You must not allow your weight to reach the right leg until the hands also reach their final area. Turn your waist into the NE corner as you push (strike) with both palms into that corner. The palms are now in the same position only opposite for the previous posture of the same name. Photo No. 29.

Single Whip:

This posture has two parts. The first part is where it gets its name because of in application only, the violent flicking of the right wrist to four neck points. Breathe in as you rotate your right palm to upward and turn your left fingers in so that they touch the inside of your right elbow. Photo No. 30. This will be done for now only moving the palms as you are beginning! However, later in order to create the great power that the waist can generate when the body is in a state of 'sung', you must also turn your waist firstly to your left, the back to the right and slightly left again. This is a fa-jing shake'. Allow the tips of your fingers to come together with your thumb thus making a kind of 'beak' as your turn your right palm down. Photo No. 31.

You have now done a counter clockwise circle with your right palm. Now, push your right palm through that circle until your right elbow is locked. This is the only time that there is a straight arm in Taijiquan! There is a good reason for this however. Yin and Yang energy (electricity) if we are using Internal Energy as opposed to pure physical strength, must have its opposite to return to the body. In the next movement we are doing a very powerful one handed palm strike and so we must have all available power. AS the strike is releasing Yang Qi, there must be a Yin route for it to return. Now if we make the right elbow relax and bent, then the Qi has what is called an 'upper heavenly circulation' by which to return. This is not as powerful as we can have, so we simply block the Qi from entering via that route as all tension creates Qi blockages! Now the Yang Qi finds its only other route via the rear leg causing a far greater strike because of the larger circle of Qi.

As you straighten your left arm, this forces your left palm to leave your right elbow and begin moving around to the West as your left foot is picked up off the ground. The left elbow is over the top of your left knee as you do this. Place your left foot down to the West and allow your left wrist to raise slightly getting ready for the strike. This has been an inhalation. Photo No. 32. Note that the distance between the feet laterally is NOT a bow stance of shoulder width! The Single Whip stance is NOT a bow stance. If you take a bow stance, then place the outside of your foot to where the inside of your foot is, this causes the step to be narrower and thus able to take a slightly longer step. Now, roll your weight onto your left leg 70% as your left palm strikes releasing the Yang Qi slowly over the whole stroke. If you see someone holding a fully yang shaped palm before this movement, they are wrong! The palm MUST release over the whole stroke of this final movement and weight change. Photo No. 33. Note also that your waist is not fully to the West.

Fair Lady Works Shuttles:

This set of movements is performed into the four corners. However, unlike the Yang Cheng-fu form every other time is performed slightly differently.



292



293



294



295



296



297

From 'Single Whip', swivel your left toes, weighted on the heel 90 degrees to point to the North. At the same time, 'hold a large ball', left palm under and inhale. Your eyes are looking to the NE corner. [Photo No. 292.](#)

Cross both hands as you lift your right foot placing it down exactly where it was only pointing to the East. The foot is turned as if you have a nail holding the centre of your foot down so that the heel and the toes can move swivelling on the centre. [Photo No. 293.](#) Place your weight onto your right foot and step into the NE corner with your left heel as your right palm is dragged back to your right hip and your left palm is raised upward in a P'eng type of motion. [Photo No. 294.](#)

NOTE: The right palm and left heel arrive at their respective positions simultaneously. Roll your weight onto your left foot as you exhale and strike with your right palm turning your left palm also outward but Yin shaped. [Photo No. 295.](#) This hand position resembles a woman working at a loom (shuttles). **Note** that there is a N/S line between the front heel and rear toes.

A weighted turn on your heel, point your toes to the South. This can be difficult. The toes of the left foot now point to the toes of the right foot. At the same time, Inhale as you hold a ball again, this time the right palm is under. [Photo No. 296.](#) Cross your wrists, right palm under as you lift your right foot turning slightly to the NW corner. [Photo No. 297.](#) Step into the NW corner with your right heel as your left palm covers



298



299



300



301

your right fist. You will see these movements clearer when I do them to a different direction. As you begin to place weight onto your right foot, strike with your right elbow with the aid of your left palm as you begin to exhale. [Photo No. 298](#). The next two movements happen so subtly that you can almost not see them happening. As you get to where your weight is centered but still moving to the right foot, You turn your waist to the right and strike with the back of your right palm. [Photo No. 299](#). Your right palm now loads and again strikes using the tips of the fingers. [Photo No. 300](#). Roll onto your right foot as you exhale, raising your left palm to strike as your right palm rolls outward. Exhale. [Photo No. 301](#).



302



303



304



305

Turn your waist into the SW corner as you push down with your left palm to hold the ball again as you inhale. [Photo No. 302](#). Raise your left heel and cross your wrists, left under. [Photo No. 303](#). Step into the SW corner with your left heel and drag your right palm back to your right hip as your left palm raises. [Photo No. 304](#). Roll forward onto your left foot as your right palm strikes into the SW corner and your left palm rolls outward. Exhale. [Photo No. 305](#).



306



307



308



309

Now we repeat exactly the same as second time you performed this movement only the directions are different. A weighted turn on your left heel so that your toes point to the North and push downward with your right palm to eventually hold the ball. Inhale. [Photo No. 306](#). Cross hands, right underneath as you lift your right foot. [Photo No. 307](#). Step around into the SE corner with your left heel and place your left palm across your right fist. [Photo No. 308](#). Attack with your right elbow into the SE corner using your left palm as support. Begin exhaling. [Photo No. 309](#). Attack using the back of your right wrist when your weight is about half way across to your other foot. [Photo No. 310](#). Attack with the finger tips of your right palm. [Photo No. 311](#). And as you exhale attack with your left palm and roll your right one out as before. [Photo No. 312](#).

From here we repeat all that you did after the 'Slant Flying' postures as follows.



310



311



312

Grasping Swallow's Tail:

This set of movements is the same as before but the getting into posture is different.

Sit back onto your left leg and allow your right palm to be over the left, both pacing downward. The right is yang while the left is yin. Inhale. The right palm has turned to the right on its wrist like a snake's head turning. Photo No. 284. Turn your right toes so that they turn into the NE corner and also turn your right palm so that it turns on its wrist to the left, like a snake's head turning to the side. Sit back onto the right leg as you also turn to the NE. Your left palm is yang. Photo No. 285.

Step to the N. with your left foot and perform 'P'eng' as you exhale. Photo No. 286. Lift your right heel as your right palm comes under your left and you turn to the right slightly ready for 'Double P'eng' exactly the same as in the beginning. Photo No. 287.

The next few movements are exactly the same as in the first third so I will repeat that information here.

Double P'eng:

Raise your right heel as you do this and turn your waist to your right by 45 degrees. Your eyes will look to the East although your head is only to the NE. Change the state of each palm again so that the right is now Yang while the left is Yin and pick up your right foot replacing it on its heel where it was as you turn more to your right. Photo No. 10. This is still an inhalation. Exhale as you roll your weight onto your right foot by 70% and bring your right palm up to in front of your left palm as if holding a small ball. The last thing is that you should allow your left toes to be dragged around by 45% to point to the NE. Keep the foot flat on the ground when this happens swivelling on the heel. Photo No. 11. Exhale. This is a very deadly neck strike with a shoulder set-up dim-mak strike to SP 19 (Spleen Point No 19), with the main thrust into the Dim-Mak point called ST 9 (stomach point No. 9). This causes instant knock out from the action of the Carotid sinus upon the heart via the inhibitory centre in the brain which slows the heart or stops it when extreme high blood pressure is present! This strike emulates extreme high blood pressure and is very dangerous!

Lu:

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Chee: (Upper and Lower Variations)



313

This time we perform this posture differently to the way that it is done in the first third. Exhale as you step up with your left foot to next to your right foot and place the tips of the fingers of the left palm onto the inner wrist of the right. Photo No. 288. Turn your left toes out by 45 degrees to the left and part your palms so that your left comes back to near your left ear. Place your weight over onto the left foot. Photo No. 289. Step forward to the East with your left foot as you inhale and bring your right palm around to meet the left at the wrist. Photo No. 290. Step forward with your right foot [Photo No. 313](#). And exhale as you place your weight onto your right leg and attack low using Chee as before. [Photo No. 314](#). The only difference is that this last movement is performed as a fa-jing or explosive energy move. So it is done explosively.

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Double Spear Hands:



314

Swipe your right palm with your left as you begin to sit back and turn your waist to your left slightly opening both palms out to your sides as you inhale. Your eyes are still looking to the E. Photo No. 20. Hook both palms inwards towards your body rotating them so that they are now palms upward ready to strike. Photo No. 21. As you full sit back onto your left leg, poke both palms outward as you exhale. This is a dangerous dim-mak strike to 13 (liver points No. 13). Photo No. 22.

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This posture has two parts. The first part is where it gets its name because of in application only, the violent flicking of the right wrist to four neck points. Breathe in as you rotate your right palm to upward and turn your left fingers in so that they touch the inside of your right elbow. Photo No. 30. This will be done for now only moving the palms as you are beginning! However, later in order to create the great power that the waist can generate when the body is in a state of 'sung', you must also turn your waist firstly to your left, the back to the right and slightly left again. This is a fa-jing shake'. Allow the tips of your fingers to come together with your thumb thus making a kind of 'beak' as you turn your right palm down. Photo No. 31. You have now done a counter clockwise circle with your right palm. Now, push your right palm through that circle until your right elbow is locked. This is the only time that there is a straight arm in Taijiquan! There is a good reason for this however. Yin and Yang energy (electricity) if we are using Internal Energy as opposed to pure physical strength, must have its opposite to return to the body. In the next movement we are doing a very powerful one handed palm strike and so we must have all available power. AS the strike is releasing Yang Qi, there must be a Yin route for it to return. Now if we make the right elbow relax and bent, then the Qi has what is called an 'upper heavenly circulation' by which to return. This is not as powerful as we can have, so we simply block the Qi from entering via that route as all tension creates Qi blockages! Now the Yang Qi finds its only other route via the rear leg causing a far greater strike because of the larger circle of Qi.

As you straighten your left arm, this forces your left palm to leave your right elbow and begin moving around to the West as your left foot is picked up off the ground. The left elbow is over the top of your left knee as you do this. Place your left foot down to the West and allow your left wrist to raise slightly getting ready for the strike. This has been an inhalation. Photo

No. 32. Note that the distance between the feet laterally is NOT a bow stance of shoulder width! The Single Whip stance is NOT a bow stance. If you take a bow stance, then place the outside of your foot to where the inside of your foot is, this causes the step to be narrower and thus able to take a slightly longer step. Now, roll your weight onto your left leg 70% as your left palm strikes releasing the Yang Qi slowly over the whole stroke. If you see someone holding a fully yang-shaped palm before this movement, they are wrong! The palm MUST release over the whole stroke of this final movement and weight change. Photo No. 33. Note also that your waist is not fully to the West.

Wave hands Like Clouds:

Now we perform Wave Hands Like Clouds only, again it is done slightly differently. This time we take a step behind and the arms are more lateral as they change position.

From Single Whip, exactly the same as before, a weighted turn on your left heel 90 degrees to the N. Inhale and bring your left palm up to the NW corner to chin height as your right palm strikes downward. [Photo No. 315](#). Raise your right palm upward on the inside of your left palm as it moves down. Exhale. NOTE: The hips are pointing to the North but the waist is to the NW corner. Take your right foot and place it down behind your left foot as close to it as you can get keeping it parallel to it. [Photo No. 316](#). Place your weight onto your



315



316



317



318



319

right foot as you turn your waist (only) to the NE corner taking your palms with you. [Photo No. 317](#). Your right palm pushes down as your left one moves up on the inside nearest your body as you take a double step to the left and inhale. [Photo No. 318](#). Change your weight to your left leg as you turn your waist to the NW corner keeping your palms in that same configuration. [Photo No. 319](#). Again, step behind your left leg with your right foot and perform the change of palms as you exhale. Weight is on your left foot [Photo No. 320](#). Change your weight to your right foot as you turn your waist again to the NE corner. [Photo No. 321](#).

Now you will repeat all that you have done by taking another step to the left etc., until you have taken four steps to the left and finally turn back to the NE as in the above Photo No. 321. The only difference being that you have moved to the left by four double shoulder width steps.

Single Whip:

From the previous posture, raise your left palm so that it touches the inside of your right elbow. You are weighted on your right foot which is behind your left foot. [Photo No. 322](#). Inhale. Now exhale as you perform 'Single Whip' exactly the same as you have done previously. [Photo No. 323](#).



320



321



322



323

Snake Creeps Down:

From the previous photo, there are two ways to perform this next posture. An easier (and not so correct) way and the correct way. If you were able to get into 'Single Whip' posture so that



324

you have the correct longer stance as in the photo, you should be able to perform "Snake Creeps Down" correctly. If not and you cannot get right down without pushing your front foot out to make the distance between your feet, then you will have to shuffle your rear foot backwards by turning your toes firstly back by 90 degrees, then your heel back by 90 degrees and then your toes again by 90 degrees. You can get this fairly smooth but it is not quite correct but will suffice for now until you have the stretch to be able to get right down.



325

The correct method is that your feet are already enough apart so you just turn your rear toes back by 90 degrees then drop your body straight down, pushing your front heel out to make up any short fall in distance. Your front leg should be straight and not bent at all. For older people however, we allow them to have a bent front leg until they are ever able to get right down. Inhale firstly and then exhale as you drop down. Your left palm will make an arc out to your right then down into position near your left knee. Your right fingers will maintain the 'Single Whip' hand but will turn upward as far as you are able. NOTE: the spine must be kept as vertical as possible. [Photo No. 324.](#)



326

Golden Rooster Stands on One Leg: (Right)

Move your weight onto your left foot as you swivel your left heel in making your left foot 45 degrees to the West. Also drag your right toes around by 90 degrees so that they point to the NW. Your left palm will bend at the wrist so that the fingers will points lightly downward and your right palm will open and begin moving down in an arc. Inhale. [Photo No. 325.](#)

Stand up onto your left leg as your right foot lifts up. Your left palm begins to slap downward on the outside of your right palm which is on its way up. [Photo No. 326.](#) Stand up straight

onto your left leg as your right knee makes like it is kneeling something and your right palm continues its upward motion to finish up so that you could attack using a back-palm as you exhale. [Photo No. 327.](#)

Golden Rooster Stands on One Leg: (left)



327



328



329



330

Take a step forward with your right foot and as you place your weight onto it, turn your right palm down so that both palms look like they are pulling something down. This is also part of the last exhalation or a no breath. [Photo No. 328.](#)

A weighted turn on your right heel turning your toes out by 45 degrees to the right, your left palm turns over and begins to slide out over your right wrist. Inhale. [Photo No. 329.](#) Stand up onto your right leg as you raise your left knee as turn your left palm to outward as if grabbing someone's (striking) neck. Your left elbow is touching your right wrist. Exhale. [Photo No. 330.](#)

Repulse Monkey: (Tripping)

Lower your weight from the previous position as you turn your waist to the SW and lower your left palm so that it is now touching the back of your right wrist. Left palm is up while

right is facing down. Inhale. [Photo No. 331](#). Turn to the rear as far as you can as you place your left foot down and turn your left palm as if looking into a mirror with fingers pointing to the West. **NOTE:** the rear foot in this type of 'Repulse Monkey' is always placed down, heel and toe together. [Photo No. 332](#). Now as you have done in the second third, perform 'Tripping Repulse Monkey' by turning your waist to the West as your left palm strikes to the West and your right palm moves to near your right hip. This is not a strike but rather a grab and violent pull as your left foot attacks to his knee or waist. Your right palm has his wrist while your left has his elbow joint thus breaking it and throwing him. His attack was from the rear. Exhale. [Photo No. 333](#).



331



332



333



334

Natural Repulse Monkey: (Right)

'Natural' because you will have the same hand and foot forward unlike the previous version.

Push your left heel out by 45 degrees so that both feet are now parallel. Rotate your left palm upward as your right palm also rotates to palm up and then lowers to arc upward to the rear so that the palm is now downward as if attacking with the back of that palm. Your right foot has lifted and then placed down next to your left foot. Your waist has turned enough to the right so that you can see out of the corner of your eye, the right palm. Inhale. [Photo No. 334](#). Place your weight onto your right foot and lift your left foot bringing your right palm forward to near

your right ear (Yin) as your left palm begins to strike downward in an arc. Begin to exhale. [Photo No. 335](#). Place your left foot down to the rear firstly on its ball, then as you sit back onto the left foot, exhale as your right palm continues its strike to strike in a downward motion and your left palm strikes (blocks) down and across your body. Turn your waist to the West. Exhale. [Photo No. 336](#). **NOTE:** There should be shoulder width between your heels laterally. So when you take the step backwards, you should actually step diagonally back. One of my first teachers used to place two sticks behind me from my heels back so that I would know where to place my toe so that when I sat back onto the heel, the heel would only just touch the outside of the stick.



335



336



337



338

Natural Repulse Monkey: (left)

Rotate your right palm upward as your left palm arcs down the upward to the rear as if striking using the back and take the step back with your right toes this time. Inhale. [Photo No. 337](#). Sit back onto your right foot as your left palm now strikes to the West and your right palm blocks (attacks the Neigwan Points of the attacker's left low strike) down and across your centre. Allow your front toes to straighten up by turning them in by 45 degrees. Exhale. [Photo No. 338](#).



339



340



341



342

Natural Repulse Monkey: (Right)

Now repeat exactly the same as before. Rotate your left palm to up as your right palms swings back to the rear and take a left step backwards turning your waist to the right. Inhale. [Photo No. 339](#). Sit back onto your left leg and strike with your right palm as your left attacks down and across your body. Again, allow your front toes to turn inward by 45 degrees so that they now point to the West. Exhale. [Photo No. 340](#).

The next lot of movements are exactly the same as in the 2nd third. However, where there are a couple of different ways to perform certain movements, I will use new photos. The old photos (from the previous chapters) will be noted in black.

Wrapping the Willow Tree:

Begin to exhale as your left palm scoops around and begins to slice down to your right side and turn out your right foot by 45 degrees. Your right palm begins to move up to near your left ear. [Photo No. 341](#). Lift your left foot and place it down next to your right foot, ball touching as your left palm is placed over your right thigh and your right palm is near your left ear. Exhale. [Photo No. 342](#). Eyes to the SW corner.

Middle Winding:

Inhale as you raise your left palm and lower your right to the position in Photo No. 128. You also have taken a step not quite to the SW corner with your left heel. Inhale. Step onto your left foot and lift your right foot to bring it up so that you will have shoulder width between your feet when you perform the next movement. Stomp down onto your right foot placing the weight onto it as your thrust both palms outward and down slightly. The left hand's fingers are pointing downward. Exhale. Photo No. 129.

Parting Horse's Mane:

With the weight still on your right leg, turn your waist to your right slightly and bring your left palm underneath your right. Inhale. Photo No. 130. Take a left step not quite into the SW corner and as you place your weight onto it, your left palm cuts upward while your right one cuts down. Turn your waist to the left as you do this. Exhale. Photo No. 131.

Pierce to Rear:

This is the same posture as in the first third. However, it is slightly different getting into it as you are now facing a different direction than in the first 3rd. Turn your right toes to the right slightly as you turn your waist to the right and raise your right palm and move a small amount of weight back onto the right foot. Inhale. Photo No. 132. As before, sit forward onto your left leg again as you pull forward with your right palm and continue to inhale. Photo No. 133. Exhale as you sit back onto your right leg and poke to the rear with your right fingers. Photo No. 134.

Double Dragon Hands:

Exactly the same as in the first third, turn to the West and bring both palms to the front on top of each other as you inhale.

Then as you change the weight to the left foot, exhale and attack with both palms. Photo No. 135.

Now repeat exactly as you did in the first third from this point the following postures depicted by photos in the first third, (Photos No. 39 to 49).

Reverse Dragon hands:

Lift Hands:

Roll Back:

Shoulder Press: Photo No. 136.

Stork Spreads Wings: (Alternate Method)

From the previous posture, turn your waist to the right as you raise your right forearm and lower your left as you begin to lift your left foot. Inhale. Photo No. 137. Rotate your right palm so that it drops into place as shown as you exhale. Your left ball of the foot is placed onto the ground near your right foot. And you can just see the right thumb out of the corner of your eye. Photo No. 138.

Spread the Weave:

Exactly as in the first third, the only difference is your initial position. Your left palm scoops down and up while your right arcs down and inward as if crushing something. This will be an inhalation then exhalation. Photo No. 139. Your left foot is still in the 'empty' position.

Spread the Weave:

Perform this posture exactly the same as you did in the first third. Photo No. 140.

Brush Knee & Twist Step:

Perform this posture exactly the same way that you did in the first third. This time however, we only do it once. Photo No. 141.

Picking the Golden Needle at Sea Bottom:

Named this because of its application to LIV 3 point on the instep which was only ever needled using a golden needle.

As before, lift your right foot off the ground and replace it. Sit back onto your right leg and inhale as your right palm goes Yin and raises slightly. Your left palm has also raised to above your right wrist. Photo No. 142. Placing the fingers of your left palm across your right wrist, point the fingers of the right palm downward and lower your body as far as you are able while trying to keep your backbone vertical. Exhale. Photo No. 143. Your left foot has moved into a 'Toe Stance' where the ball of the foot only is placed onto the ground and the heel of the left foot is in a straight line with the heel of the right foot.

Fan Through Back:

This name refers to the way the Qi moves up the back and out of the fingertips to attack to the attacker's HT 1 point under his arm while holding onto his wrist and lifting it up to expose the point. Inhale as you take a left step to the West and rotate your right palm so that it is now palm down. Photo No. 144. Roll your weight forward onto your left leg as your right palm raises up and turns out to indicate the grab while the left fingers poke forward as you exhale. Photo No. 145.

Snake Puts Out Tongue:

This posture is much the same as in the 2nd third at this point.

From the previous posture, without taking any weight off your left leg, swivel on your left heel turning your left toes to the North as your left palm moves to above your forehead and your right palm moves down so that the thumb is pointing to your CV 14 (solar plexus) point. Your body is to the North but your eyes look to the East. Note: keep your elbows down. Inhale. [Photo No. 343](#). Notice that the left palm is Yang shaped. The right palm will continue a full circle up again to behind the left palm as the left wrist comes down slightly to meet it. **NOTE:** The left palm is the 'snake' while the right is the 'tongue'. When they meet, the left wrist changes state to a Yin shaped palm. You should also raise your right foot and carry it around to your right so that when you place it, you should be in a bow stance to the East. [Photo No. 344](#). Notice that your left foot is still to the N. at this point. Inhale still. Moving your weight onto your right leg, exhale as you strike out to the East with your left palm (thus releasing the stored Yang Qi) and the right palm has rotated so that it is now palm upward and is moving down to your left hip area. [Photo No. 345](#).



343



344



345



346

Penetration Punch & Parry: (Right)

Turn your waist to your left as your right fist rolls over to form a penetration type of punch with the smallest finger in the

upper. Your left palm will be drawn back in a parrying type of movement. Your eyes remain on the East. This movement is still part of the last exhalation. [Photo No. 346](#). Note: A small amount of weight is moved back onto the rear leg at this time. The weight will move back slowly onto the rear leg over the next movements.

Rotate your right fist so that it is moving to palm up position and turn your waist slowly back to the right. Photo No. 151. Inhale. Rotate also your left fist, both fists now being in Tiger Paw portions. Turn your waist to your left and begin dropping both palms, then turn your waist back to the centre position which makes an 'S' shape. Your left fist will be pointing to and just underneath your right elbow. Your right back-fist is slamming down onto a thigh which has just kicked you while your left tiger paw is striking to Dim-Mak points on the inside of that thigh. Exhale. [Photo No. 347](#).

Penetration Punch & Parry: (Left)

The exact opposite to the last movement except for a step forward this time. **NOTE:** In the 2nd third you stepped backward! Step forward with your left leg as your left palm does the penetration punch and your right palm parries. This is also part of the last exhalation. [Photo No. 348](#). Rotate your left fist over as before in reverse, then form both Tiger Paw fists and make the 'S' shape to end up in the opposite stance as you inhale and exhale upon completion. [Photo No. 349](#). & [350](#).



347



348



349



350

Gathering to Release:

As you did in the first third just before the first fa-jing punch, you will now do that same gathering group of movements. You do as many of these as you like until you just feel that enough Qi (energy) has been stored for the fa-jing release. After some practice, you will just know when this happens and the following attack will just happen naturally at the correct time. Bring your right palm across as you inhale and turn your waist to your left. Your left palm also is in that same gathering position. Photo No. 155. Exhale as you turn your waist to your right and do the reverse. Photo No. 156. Inhale as you again turn your waist to your left and make the gathering type of movement with your right palm. Photo No. 157. You can do this many times, however, on the last time for instance in the last position, you will hold that inhalation until you release the energy with the following punch.

Release the Qi:

From the last photo, violently turn your waist to your right and take a step forward with your left foot as you parry with your left palm. Your right fist is in position just forward from your right hip and in a Yin position by bending the wrist downward ready to snap upward upon impact. Photo No. 158. As your rear foot is dragged up to form a normal bow stance your waist snaps around to the left thrusting your right fist forward as your left palm is dragged back into the inner forearm. Exhale. Photo No. 159.

Calm the Spirit by Pressing the Points.

Here we see some of the amazing areas of this form. We actually press our own points to cause certain things to happen. In this case we press points to cause the spirit (Shen) to be calm. The last posture's fa-jing actually carries on into this next movement. So do not stop that last fa-jing movement at the punch, allow it to move into this next movement, then slow down again.

Immediately sit back onto your right leg and rotate your right fist so that it is now thumb side down and allow your left fingers to slide gently down half of the outer forearm until your longest finger (Pericardium Meridian) presses in on the Dim-Mak/Acupuncture Point called “Yangxi” meaning “Valley of Yang”. (CO 5). It draws energy (Qi) down from the ‘fire’ to make the ‘Lower Heater’ more active. Which in turn takes the fire from the heart thus its calming effect. Inhale. Photo No. 160. Also see Photo No. 161.

Continue inhaling as your waist turns out to your left, turning your left foot 45 degrees to the left swivelling on your heel. Cut your right wrist down rotating it so that your longest finger is naturally now pressing in onto the opposite side of your wrist area. Place your weight onto the left leg. Your eyes are still to the East. You will now draw that finger deeply down from that wrist position about one inch along the heart meridian. The initial point on the inside of the wrist before pulling back along the wrist is called ‘Shenmen’ or ‘Doorway to the Spirit’. (HT 7). This point is clinically used to help with psychological disorders and for insomnia, hence its calming effect. It fixes the Yin/Yang balance of the ‘Fire Element’. Photo No. 162. See also Photo No. 163.

Chee: (Squeeze).

From Photo No. 162, slide the mounts of your left palm onto the radius wrist area of your right arm ready for ‘Chee’. Photo No. 164. Step forward with your right foot to gain a normal bow stance and as you exhale and bring your weight onto it, perform the posture of ‘Chee’. Photo No. 165.

Chee: (Low)

The Old Yang style’s beauty is that many movements are almost alike whereas in the newer versions, those movements that are almost the same have been made exactly the same. So now we perform the “Lower Chee” posture, however, we now take a step to get into it.

Again open your left palm to your left ear and rotate your right palm to fingers pointing upward. However, you now take a



351

step with your left foot forward to the East. Photo No. 166. Take a further step with your right foot to the East with your heel first as your right palm swings around to meet your left at the radius side of your right wrist again. Note that in both of these instances the left palm is Yin to begin while the right is Yang, it is only when you execute the 'Chee' posture that they release those energies and change state. Photo No. 167. Inhale. You in fact inhale or hold until you perform the next Chee. Photo No. 168.

Sit Back & Double Spear Fingers.

Exactly as in the first third and the many times that you have performed 'grasping Swallows's Tail', sit back opening up both palms and hook them in thrusting them out as you sit back and exhale. Photo No. 169. Come forward with both elbows exactly the same as before. Photo No. 170. And end up at 'Arn' or 'Press'. Photo No. 171.

Now you have to repeat all of the postures that you did in the first third to get you up to 'Single Whip'. 'Sit Back Ready', 'Fishes in Eight', Photos No. 25 up to 32. Single Whip, Photo No. 172.

Wave Hands Like Clouds:



352

As with every time you perform this set of postures to get into it, turn your left toes weighted on the heel 90 degrees to the North as your left hand wards off over-head and your right palm strikes downward. [Photo No. 351](#). Again this third version is slightly different to the other two. This time we will be using the hands from the first version and the feet from the 2nd version. So take a right step to behind your left foot as your right palm's fingers dig upward and your left palm pushes downward on the outside. [Photo No. 352](#). Do not exhale. **NOTE:** Notice that your right heel has not as yet touches the ground! The reason is that now, the next move will be a 'fa-jing' movement. The left palm is Yin ready to strike downward. Make an explosive movement, exhaling, shaking your waist as your right heel slams down onto the ground, your left palm



353

strikes down to your left side and your waist turns violently to your right. Exhale. [Photo No. 353](#). As in the 2nd third, do the change of hands by poking your left fingers upward on the outside of your right palm which has pushed downward and you have taken a double shoulder width step (parallel) to the left. Your waist is to the NE while your hips are to the North. Inhale. [Photo No. 354](#). Turn your waist to the NW taking your palms with you to that corner. [Photo No. 355](#). Again take a right step to behind your left foot and do a change of hands as you inhale. [Photo No. 356](#). Again as you exhale in a fa-jing way, slam your right heel onto the ground and turn your waist taking the palms with you to the NE corner. [Photo No. 357](#). From here simply repeat all of the above until you have take four steps to the left all up and end up in the position of Photo No. 357.



354



355



356



357



358

Single Whip:

Raise your left palm so that the fingers touch the inside of your right elbow, inhale. You have made the hook with the fingers of your right palm and the weight is on the right foot. [Photo No. 358](#). Perform 'Single Whip' exactly the same as you have done before, exhale. [Photo No. 359](#).



359



360



361



362



363

Lift Heavens:

A little different than in the 2nd third as you now step up with your right foot inhaling as your both palms rotate upward. Your right foot is pointing to the NW. [Photo No. 360.](#)

High Pat on Horse:

Again, a little different than in the 2nd third. This time as your palms do their stuff, raise your left knee as if kneeling something and exhale. Your right palm moves past your right ear fingers pointing to the ear as it passes to strike to the West as your left palm 'blocks' downward and across your body. [Photo No. 361.](#)

Inspection of Horse's Mouth: (West)

Place your left foot down to the West to get a bow stance. Inhale. As you place your weight onto the left leg, exhale and slide your left palm across the back of your right wrist which ends up under your left elbow touching it. You have 'blocked' his attack down and speared him in the throat at CV 22. [Photo No. 362.](#)

Inspection of Horse's Mouth: (NE)

A weighted turn on your left heel to the N. Inhale as you do this and draw your left palm back to the wrist of your right. Your eyes are gazing to the NE corner although your body is to the N. [Photo No. 363.](#) With your feet pigeon toed and placing the weight onto your right foot, poke your left fingers out over your right wrist into the NE corner as you exhale. [Photo No. 364.](#)



364



365



366



367

Sweep the Enemy:

Place the weight back onto the left foot as you turn your left palm to facing out (thumb down) and turn your waist to the NW corner taking your palms with you in position. Inhale. [Photo No. 365.](#) Thrust your right palm out over your left elbow and turn your waist to the East as you exhale. [Photo No. 366.](#)

Crescent Kick & Spear Hands:

AS soon as your palms reach the East, and your right leg has loaded (because of the action of the body) allow your waist to fa-jing your right instep outward and up to perform a right

crescent kick to the East as you inhale. [Photo No. 367](#). This is a fa-jing movement.

As you place your left foot to the East in a bow stance, load your palms ready for the next fa-jing movement. The left palm's fingers are pointing to the East while the right palm is held in a Taijiquan fist to the rear, loaded ready to strike out to the rear. [Photo No. 368](#). As you place your weight onto your left leg, exhale as you fa-jing, poking your left fingers violently to the East as your right fist strikes to the rear. [Photo No. 369](#).



368



369



370



371

Trap & Attack the Life Force:

Turn your right foot 45 degrees to the right weighted as your left palm slaps the outer forearm of the right. Inhale. Your eyes are still to the East. [Photo No. 370](#). Take a left step to the East. [Photo No. 371](#). Exhale as you place your weight onto the left leg and attack low with the right fist (small finger upper). [Photo No. 372](#).



372

Calm the Spirit by Pressing the Points.

Exactly as before, sit back and rub down along your right outer forearm until your longest left finger presses into the 'Yangxi'



373

point in the back of your right wrist. Inhaling. [Photo No. 373](#). Same as before, turn your left toes out by 45 degrees as you place your weight onto your left leg, rotating your right palm over so that you can now pull the 'Shen Men' point on the inside of your right wrist back by one inch (one cun, or Chinese inch pronounced 'Tsune'), [Photo No. 374](#).



374



375



376



377

Chee:

This time, Chee is performed slightly differently. Step through to the East with your right foot taking a slightly larger step than normal and as you move onto that leg, squeeze forward with your both palms only this time turn your right palm outward. Exhale. [Photo No. 375](#).

Bending Backwards: (No. 1)

You have taken a larger than normal step in the last 'Chee' movement. As for the 'Snake Creeps Down' posture, you must now squat down very low by turning your rear (left) toes out by 90 degrees and then squatting down onto your left leg. As you do this, your left palm will make a fist and point upward near your face as your right fist will poke into your right waist. You are taking a wrist with your left palm and attacking using the left elbow to his neck as you pull him downward. That was an inhalation and exhalation. Your eyes look to the East. [Photo No. 376](#).



378



379



380

Bending Backwards: (No. 2)

Turn your right toes slightly to the right as you stand up slightly ready to drop down again onto the right leg. Your right fist will swing out and up to the right as your left fist will swing down the centre of the body. Inhale. [Photo No. 377](#). Continue those circles with each palm until the right is over your head and the left is down near your left knee. Exhale. **NOTE:** So far during these movements, they have all been at the slow pace. **WARNING:** Do not do these movements until you have warmed up with some light stretching! Once you have been doing the form for some time, it will not be necessary to warm up first. [Photo No. 378](#). You are now looking to the West.



381

Bending Backwards: (No. 3)

Again stand up slightly as your left palm moves up and out and your right moves down and inward. Inhale. [Photo No. 379](#). Drop down almost onto your left getting into the squatting position as your right forearm crosses your left forearm. Do not exhale yet as the next move is a fa-jing movement when you will exhale violently. [Photo No. 380](#). Drop down to the lowest position quickly as both palms explode (fa-jing) outward as you exhale. [Photo No. 381](#).



382



383



384

Attack the Vital Points:

Your right palm circles back slowly to under your left arm as your left fingers attack to the East. Inhale and exhale slowly with the movement. Turn your waist to the right slightly. [Photo No. 382](#). NOTE: You are attacking to the ST 9 points in the neck as well as to CV 22 (thumb) as your right palm has grabbed a hand and pulled him forward onto your left fingers.

Stork Spreads Wings: (No. 3 Position)

Turn your waist slightly back to the left as you open both palms like wings spreading. Inhale. [Photo No. 383](#).

P'eng:

Move onto your right heel as the toes point to the right to the South (135 degrees): This is not as difficult as it sounds and feels at first! Drag your left toes around by 90 degrees and rotate your right palm so that it is now in the P'eng position, palm toward you. You are holding your breath in at this stage. [Photo No. 384](#).

Pigeon Flies to Heaven:

Step up onto your right leg as you lift your left leg and your left palm makes contact with your right inner wrist, (left palm is palm up). [Photo No. 385](#). Your left palm will now continue its upward movement and as it does, its contact with the right wrist causes the right wrist to be rotated outward. The right palm now falls down to the Tantien position and turns to palm upward in a Yin shape as the right palm indicates a 'pigeon' flying up to heaven. [Photo No. 386](#).



385



386



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388

Qi Resting:



389

As your left foot falls to the ground, (this is not quite a stomp but a little bigger than just placing the foot), your left fist will slap into your right palm as you exhale. You will just stand there as you press into your lower abdomen (Tantien) twice digging in with the knuckles of the left fist in a counter clockwise (looking down) as you breathe in as you circle to the left and exhale as to the right. You will also turn your waist to the left as you circle left and right as you circle right. [Photo No. 387](#). [Photo No. 388](#). (This photo is shown so that you can see what is happening in the reverse direction). [Photo No. 389](#). [Photo No. 390](#).



390



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394

Spreading the Wings to Break Elbow:

As you turn back to the left after having completed the two turns from the above, inhale as you allow both palms to open out to either side. [Photo No. 391](#). Turn your waist back to the right (SW) and as you do this, bring your left palm over to push down near your right elbow as your right palm lifts upward. Exhale. You are breaking an elbow. [Photo No. 392](#).

Drop Down and Break Elbow:



395

Turn your waist back to the South as your right wrist crosses your left wrist, inhale. [Photo No. 393](#). [Photo No. 394](#). (Different direction). Turn your waist slightly to your right as you open both palms. The left goes down while the right moves upward. Exhale and the weight moves slightly onto the right leg. [Photo No. 395](#). Turn your waist to the left as your left palm moves out and over making a fist and crosses your right wrist on the outside the palm of which has also made a fist. Inhale and exhale. [Photo No. 396](#). [Photo No. 397](#). Continue that exhalation as you squat down with slightly more weight



396

on the right leg and rotate both wrists so that the both fists are now pointing upwards, right on the outside. The application for this is not easy to imagine. However, it is a devastating elbow break and wrist lock. [Photo No. 398.](#) [Photo No. 399.](#) (Different direction).



397



398



399

Pull Forward and Attack to Rear and Front:

Allow both palms to continue those circles so that the left will move upward and out as the right will move upward and out to the rear as if you are pulling yourself up from the squatting position by grabbing onto something. Pull your both palms in slightly, loading them ready for the next movement. Inhale. [Photo No. 400.](#) Take a step forward with your left foot and in a fa-jing explosion, slap your left foot onto the ground as your right foot is dragged up and both fists attack explosively as you exhale. [Photo No. 401.](#)



400



401

Hidden Hand Punch: (Left)



402



404

Sit back onto your right leg and allow both palms to circle downward to in front of your lower abdomen, palms facing upward and inhale. [Photo No. 402](#). This next movement is difficult to show in photos but I will do my best. If you were to do this statically, you would simply lift your left foot placing it down (back) on the same line as your right foot. Then you would lift your right foot and steps it forward placing it down in a line where your left foot was. In other words in fact you have simply reversed the position of your feet. However, you have to do a jump to get there. Your left foot leaves the ground first, followed by your right foot. So you are in the air with both feet off the ground for a split second. The left foot lands first, then the right. Your body has also changed direction and now looks to the NE. Both palms will circle out to both sides as you leap, continuing that circling until the right palm (forearm) lies on top of the left. Inhale and exhale. [Photo No. 403](#). [Photo No. 404](#). **NOTE:** You do not actually perform the hidden 'punch' this time.



403

Sleeves Dancing Like Plum Blossoms:

If you thought that last one was difficult, here comes the next! You now have to leap into the air as high as you can doing a 360-degree rotation in the air turning counter clockwise. You will have takes one step forward when you land. For beginners, you can land on the left foot placing the right one down slightly after. However, in reality, you have to work it so that you can almost land on both feet at the same time, the left only a split second before the right so small that someone watching would think that you had landed on both feet simultaneously. Place your weight onto your right foot ready to leap. I have shown this first movement in a photo statically, however, it is all done at once. Throw both palms out to the sides. [Photo No. 405](#). Now leap into the air taking your left leg around followed by

your right so that the right will take over the lead from the left when you land! [Photo No. 406](#). (I think that you will have to get the video in order to learn this one properly). In hale and exhale when you land. Your palms make like they are striking something downward, the right is slightly forward of the left in keeping with the placement of the feet. [Photo No. 407](#).



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408

Double Punch:

From the previous position, Violently turn your waist to the right as your left fist attacks in a fa-jing strike and your left palm is pulled back to your right side, palm upward. **NOTE:** both of these punches happen in a matter of a split second, they are that violent! So you will be forcing some breath out on each strike. [Photo No. 408](#). Now, do the opposite. Turn your waist violently to the left as you attack with your right fist and draw your left fist back to your left side. [Photo No. 409](#).



409

Hidden Hand Punch: (Right)

No you must perform exactly the same way that you did earlier only in reverse. Drop both palms down to the lower abdomen upward as you inhale. [Photo No. 410](#).



410

Throw both palms out to either side as you leap into the air taking your right leg back and your left leg forward. [Photo No. 411.](#) To end up with your left foot forward and your left forearm laying on top of your right. Exhale. [Photo No. 412.](#) With the last bit of air, exhale violently as you turn your waist to the left (fa-jing), which thrown your right fist out and downward violently in an instant. [Photo No. 413.](#) Allow the hand to be withdrawn using the natural rebound from the strike to end up near your head as in the next movement.



411



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414

Calm the Spirit by Pressing the Points.

This set of movements is exactly the same as in the second third. Using the natural rebound from the last strike, allow your left palm to pull back to the right side of your head and press the 'Yangxi' point with your left longest finger. [Photo No. 414.](#)

From here we repeat exactly as in the 2nd third thus:

Continue inhaling as your waist turns out to your left, turning your left foot 45 degrees to the left swivelling on your heel. Cut your right wrist down rotating it so that your longest finger is naturally now pressing in onto the opposite side of your wrist area. Place your weight onto the left leg. Your eyes are still to the East. You will now draw that finger deeply down from that wrist position about one inch along the heart meridian. The initial point that you press is called " or 'Doorway to the Spirit'.

(HT 7). This point is clinically used to psychological disorders and for insomnia, hence its calming effect. It fixes the Yin/Yang balance of the 'Fire Element'. Photo No. 162. See also Photo No. 163.

Chee: (Squeeze).

From Photo No. 162, slide the mounts of your left palm onto the radius wrist area of your right arm ready for 'Chee'. Photo No. 164. Step forward with your right foot to gain a normal bow stance and as you exhale and bring your weight onto it, perform the posture of 'Chee'. Photo No. 165.

Chee: (Low)

The Old Yang style's beauty is that many movements are almost alike whereas in the newer versions, those movements that are almost the same have been made exactly the same. So now we perform the "Lower Chee" posture, however, we now take a step to get into it.

Again open your left palm to your left ear and rotate your right palm to fingers pointing upward. However, you now take a step with your left foot forward to the East. Photo No. 166. Take a further step with your right foot to the East with your heel first as your right palm swings around to meet your left at the radius side of your right wrist again. Note that in both of these instances the left palm is Yin to begin while the right is Yang, it is only when you execute the 'Chee' posture that they release those energies and change state. Photo No. 167. Inhale. You in fact inhale or hold until you perform the next Chee. Photo No. 168.

Sit Back & Double Spear Fingers.

Exactly as in the first third and the many times that you have performed 'grasping Swallows's Tail', sit back opening up both palms and hook them in thrusting them out as you sit back and exhale. Photo No. 169. Come forward with both elbows exactly



415

the same as before. Photo No. 170. And end up at 'Arn' or 'Press'. Photo No. 171.

Now you have to repeat all of the postures that you did in the first third to get you up to 'Single Whip'. 'Sit Back Ready', 'Fishes in Eight', Photos No. 25 up to 32. Single Whip, [Photo No. 415](#).

Snake Creeps Down:

This time the posture is slightly in the way we get into it. Allow your right palm to open and arc downward as you begin to inhale. [Photo No. 416](#). Continue that arm up until your right wrist touches the outside of your left wrist. [Photo No. 417](#). Turn your right toes out by 90 degrees and again squat down onto your right leg pulling both palms back as if pulling someone's arm down and back. Exhale. [Photo No. 418](#). Allow your left palm to 'snake' down the inside of your left thigh to end up in the typical area for 'Single Whip' as your right fingers rotate upward. [Photo No. 419](#).



416



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418

Step Forward to Seven Stars:

This posture's main meaning is that we use it as a Qigong method to 'open' the seven input (star) points of the body to



419

allow 'outer Qi' to enter and be mixed with our prenatal Qi. The '7 Star Points' are: Crown, (GV 20), Both sides of the neck, (SI 16), Both shoulders, (CO 14), and Buttocks, (GB 30).

Move your weight onto your left leg as you begin to rise turning your left heel in by 90 degrees. Inhale. [Photo No. 420](#). Lift your right foot and place it down, ball only touching the ground in a 'toe stance' as your

cross your wrists in front of you holding two fists as shown. The left fist is Yin and the right is Yang. NOTE: both fists are bent in opposition to each other. Exhale. NOTE: No weight what-so-ever on the right foot. [Photo No. 421](#). [Photo No. 422](#).



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423

Ride

Tiger Back to Mountain:

When Taijiquan was invented, it was always started facing the Wudang Shan (Mountain), which was to the North in the village. The form was changed to the modern style of today, so that this posture now faced the West, and so the name was then irrelevant! So most people simply changed the name to "Ride Tiger"!

Lower your weight slightly and open your palms as if crossing your chest. Begin to inhale. [Photo No. 423](#). Take a long step

around to the NE corner with your right heel and open both palms, eyes still looking to the West. [Photo No. 424](#). Place your weight onto your right foot and slide your left toes to the North in a 'Toe Stance' as your left palm makes as if grabbing a leg from the side and your right palm is warding off over head. (It is actually striking). Exhale. [Photo No. 425](#).



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426



427

Sweep the Enemy and Lotus Kick:

This is not actually a kick but rather a back breaker. The Lotus flower is very difficult to get out of the ground as its roots go so far down to get water. So often they would have to cut it off low into its roots. And this is what we now do with this 'kick'.

From the previous posture, Turn your left heel out by 45 degrees and place your weight onto it as your hands both swing out in clockwise circles 180 degrees out of phase. Inhale. [Photo No. 426](#). Cut your right palm (facing upward) in and across your left inner forearm as your right heel also turns in by 45 degrees. Continue inhaling. [Photo No.](#)

[427](#). The right palm now continues to push outward to strike as you exhale. [Photo No. 428](#). Again make two circles with both palms turning the right one palm upward so that both are now palm up. The right palm has gone slightly lower than the



428



429

left as it will eventually move under the left wrist. [Photo No. 429](#). Inhale.

Lift your left foot and place it down across the top of your right foot like the letter 'T'. The right foot has not changed its position pointing to the East. This is a difficult posture. **NOTE:** I have taken this photos cheating a bit around to the right so that you can see what the palms are doing. However, this posture should be directly to the South. Continue inhaling. [Photo No. 430](#). Allow your right toes to turn out by 90 degrees to the right as your both palms continue over to your right to the North loaded ready for the next 'kick'. [Photo No. 431](#). This is the only kick where we use an exhalation as it is really not a kick. Lift your right foot and using the power of your waist, allow it to arc over to your right as your palms are forced back to the left slapping the instep of the right foot as they pass. This can be done slowly if you are able or a little quicker. [Photo No. 432](#).



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433

Vital Low Punch:

Your right foot continues its trajectory over to the right and into the NW corner as both palms have also continued their way across to your left. [Photo No. 433](#). Using the last bit of air, exhale in a fa-jing manner as you place your weight onto the right foot and punch straight downward in your centerline while your right fist is drawn back to your right hip. You utilize the power of your waist here in a violent fa-jing shake. This is a violent grab with the right palm and a strike to the groin with

the left. Notice the position of the left fist with smallest finger outerly. [Photo No. 434](#). This is a fa-jing attack done explosively.



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437

Bending to Avoid Attack, Re-attack:



438

Begin bending backwards as your right arm is raised up in an arc across your face. Inhale. **NOTE:** This is the only time in the form when you are able to have a backbone that is not vertical. [Photo No. 435](#). Your left palm which hold a fist has moved under your right axilla. Continue the right fist circling around your head as you bend backwards further. [Photo No. 436](#). Continue the right fist circling over to your right as you begin to straighten up again and strike using the 'hammer' side of the right fist across from right to left. You are striking to his temple. Exhale. [Photo No. 437](#). The fist ends up to the West along with your waist.

Shooting Tiger:

With the weight still on your right foot, turn your waist to the NW corner and raise both fists so that you could punch to both sides of his temples using the first two knuckles of each fist. Keep your elbows lower than your wrists! Inhale. [Photo No. 438](#). Turning your waist slightly to the right, hammer your left palm downwards as if striking to a chest area as your right

fist moves further out to your right. This is as if you are holding a long pole between your palms. Exhale. [Photo No. 439](#).



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Step Forward, Parry & Punch:

Rotate your left palm to palm up and turn your left toes back to the left by 45 degrees. Begin bringing your right fist down to your left. Inhale. [Photo No. 440](#). Circle both hands up to ear height and raise your right foot, crossing it over your left foot. [Photo No. 441](#). Slide your left foot around so that it comes forward into a back sitting bow stance and allow both fists to drop into position as you exhale. [Photo No. 442](#).

Continue exactly the same as at the end of the 2nd third by 'Gathering', [Photo No. 443](#). [Photo No. 444](#). Step forward with your left foot ready to strike as before only this time you do the last punch slowly. [Photo No. 445](#). Punch, [Photo No. 446](#).

Apparent Close Up:

Slide your left palm under your right forearm exactly the same as at the end of the 2nd third. [Photo No. 447](#). Drag both palms back, [Photo No. 448](#). Rotate them up ready to attack with both palms. [Photo No. 449](#). And attack using both palms as you exhale. [Photo No. 450](#). Sit back again opening your palms as before. [Photo No. 451](#). Turn your left foot 90 degrees to the

North. [Photo No. 452](#). Drag your right foot in to parallel and double shoulder width and lower your weight onto your left leg as you scoop down with both palms just like at the end of the 2nd third. [Photo No. 453](#). Stand up as you scoop both palms up and cross the wrists right over left. The only difference this time is that we are now finishing the whole form so we must 'close the gates'. So as you come up onto your right foot, lift your left foot placing it touching your right foot but off the ground. Inhale. [Photo No. 454](#). Turn both palms over and push down as you exhale still standing on one leg. As you do this stand up straight onto the right leg. [Photo No. 455](#).



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Finish:

Lower your weight again taking your left foot out shoulder width to the left and parallel to the other one, stand up and have your palms at your sides exactly as you began the whole form. [Photo No. 456.](#)



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This brings me to the end of this monumental task. It has been a labor of love as I love this form having tried at some time in my life, all the other styles of Taijiquan. I sincerely hope that someone, somewhere is able to get some help from learning this great form.

Thank you to those eagle eyes who have helped out with correcting the many typos that my spell checker and grammar checker were not able to pick up.